

# Health Benefit Checklist



## ☒ Verify Eligibility

Update your DEERS information to ensure you and your family members remain eligible for TRICARE. Go to [www.tricare.osd.mil/DEERS](http://www.tricare.osd.mil/DEERS) or visit your nearest ID Card facility for more information.

## ☒ Check Your Coverage

Contact your TRICARE Service Center at **INSERT # HERE** to ensure you're properly enrolled in TRICARE. Families should consider enrolling in the TRICARE Dental Program ([www.tricaredentalprogram.com](http://www.tricaredentalprogram.com))

## ☒ Know How to Get Care

Military Apointment Line: **INSERT # HERE**

On-Base Emergency: **INSERT # HERE**

Off-Base Emergency: **INSERT # HERE**

Nearest Emergency Room:

**INSERT FACILITY NAME HERE**

**INSERT ADDRESS/LOCATION INFO HERE**

**INSERT ADDRESS/LOCATION INFO HERE**

**INSERT # HERE**

## ☒ Find Help When You Need It

Call your TRICARE Service Center first at **INSERT # HERE** when you have questions about your medical benefits.

For non-emergency medical advice, call the TRICARE Nurse Advice Line for 24/7 access to a registered nurse and and audio health library.

Call toll free: **INSERT # HERE**

For general TRICARE information, go to [www.europe.tricare.osd.mil](http://www.europe.tricare.osd.mil)